

Detroit Area

"AIM HI" For A Healthy Lifestyle Ongoing

Free health screening for diabetes, hypertension, cholesterol, glaucoma, and diabetic retinopathy, fitness and nutrition education classes, consultations with a fitness trainer, hypertension and cholesterol classes, diabetes self-management classes.

Locations:

AIMHI Eastside Health Resource Center, Tues. & Thurs. 8:30AM-5:00PM, Fri. 8:30AM-12:30PM, 3360 Charlevoix, Detroit, MI 48207
Phone: 313-921-8207

AIMHI Westside Health Resource Center, Mon. & Wed. 8:30AM-5:00PM, Fri. 1:00PM-5:00PM, 21551 Fenkell, Detroit, MI 48223
Phone: 313-592-4838
Sponsor: Henry Ford Health Systems

For More Information: Call 313-921-8207
or 313-592-4838

www.diabetesinmichigan.org/eventdisp.asp?Don=SEMDON&EType=1

Promoting Healthy Eating in Detroit (PHED) Ongoing

PHED conducts Healthy Eating Demonstrations, Mini-Markets (where fresh produce is available at wholesale prices), and Physical Activity Events regularly. Cost: N/A

For information on food demonstrations and/or mini-markets, call Teretha Hollis-Neely at (313) 876-4444.

For information on the Physical Activity events, call REACH Detroit Partnership at (313) 961-1030

www.diabetesinmichigan.org/eventdisp.asp?Don=SEMDON&EType=1



Botsford Health Care Continuum Community Health-related Programs

Blood Pressure Screening Free

2nd Monday every month. 1-4 p.m.
Botsford General Hospital, Main Lobby

Cholesterol Screenings Fee required

Call (248) 477-6100 for information

Heart Healthy Nutrition Wednesdays 10 a.m.

www.healthcalendar.org

Walking Clubs

Livonia Mall & Northland Mall

Call (877) 442-7900 for information

Free blood pressure provided to walkers by Botsford General Hospital on selected days.

For a list of classes call (248) 477-6100

www.botsfordsystem.org

Detroit continued



Rehabilitation Institute of Michigan
Detroit Medical Center/Wayne State University

FIT & FREE **Free Health, Wellness &** **Fitness Classes**

To Register Call: (313) 745-9748

Rochester

Crittenton Hospital Medical Center
offers health education programs and services,
www.crittenton.com

Community Health & Education Department
(248) 652-5269 from 8 a.m. to 4:30 p.m.,
Monday through Friday

Get Up, Get Out!

Learn about exciting things you and your
family can do outdoors.

www.detroitpublictv.org/gugo/index.shtml

Search for other Detroit Area
Health Care & Fitness Links

www.detroit11.com/health.htm

Washtenaw County **Parks & Recreation**

www.ewashtenaw.org

Community Health Programs

www.stjohn.org/communityhealth

Detroit YWCA **Northwest Branch**

Creating A Healthier **Macomb County**

www.chmonline.org

Walking Works

Tobacco Free Partners Classes

www.tobaccofreepartners.org/classes.php